Lunch

Asparagus and Radish Salad with Parmesan

Crisp ribbons of raw asparagus and radishes are tossed with a lemony Parmesan and mustard dressing for a fresh, crunchy salad.



Nut free

20 min	100	6 g	2 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 6 whole small radishes
- [ ] 2 tbsp Parmesan cheese (grated)
- [ ] 1/4 tsp black pepper
- [ ] 1 clove garlic (grated or minced)
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp Dijon mustard
- [ ] 2 tbsp lemon juice (from 1 med lemon)
- [ ] 1 tbsp lemon zest (from 1 med lemon)
- [ ] 1 bunch large asparagus spears ((1 lb))

Method

- [ ] **1** Whisk the lemon zest, lemon juice, Dijon mustard, garlic, black pepper, Parmesan cheese and olive oil together in a large salad bowl.
- [ ] **2** Trim the woody ends off the asparagus spears and discard them, then cut off the tips and toss the tips in the bowl with the dressing.
- [ ] **3** Shave the asparagus stalks lengthwise with a vegetable peeler and toss them with the dressing, or slice the stalks using a slicing blade on a food processor.
- [ ] **4** Shave the radishes with the peeler, a mandolin or the food processor slicing blade, then toss them with the rest of the salad.

Nutrition Facts

Per serving

Calories	**100**
Total fat	8 g
Saturated fat	1.5 g
Sodium	150 mg
Total carbs	6 g
Fiber	3 g
Total sugars	2 g
Protein	4 g

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